

# Senior Lifestyles

Volume XXIV No. 12

December 2014

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## Sounds of the Season

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Inclement Weather Policy for Memorial Park Community Center



When Johnson City schools are closed due to inclement weather, Memorial Park Community Center will open at 10:00am for access to the following areas: fitness room, gymnasium, game room, billiards room, and pool (for open / lap swim and open therapy only).

Scheduled events and instructor-led programs

will be cancelled. The centers will close at 5:00pm.

When Johnson City Schools are on a delay due to inclement weather, community centers, art center and pools, will open at 10:00am and all events and programs will begin at 10:00am. Each location will close at normal closing hours, unless inclement

weather occurs later in the day that forces closure.

When schools let out early due to inclement weather all programs and events scheduled for the remainder of the day will be cancelled. If inclement weather occurs on a weekend when schools are not in session the Parks & Recreation Department Director will determine

when parks and centers would open and make a decision by 6:00am.

Transportation will not be provided when Johnson City Schools are closed or let out early due to inclement weather.

For Announcements about schedule changes call 434-5750

The Johnson City Senior Center Foundation wishes to thank all of the sponsors for our Annual Golf Tournament that was held at Buffalo Valley Golf Course on October 17th.

**Premier Sponsor**  
The Lexington Senior Living

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Encore Lending Group

**Hole Sponsors**  
Marmo Financial Group, LLC  
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**Cart Sponsors**  
JCSC Pinochle/Rook Players  
Dennis Powell Body Shop

**Gold Sponsors**  
Gardner Paint Services, Inc.  
Kroger

Congratulations To Our Golf Tournament Winners:



First Place



Second Place



First Place



Closest to Pin



Longest Drive Women



Longest Drive Senior



Third Place



Closest to Line



# Hip Hikers

## Snow Hike

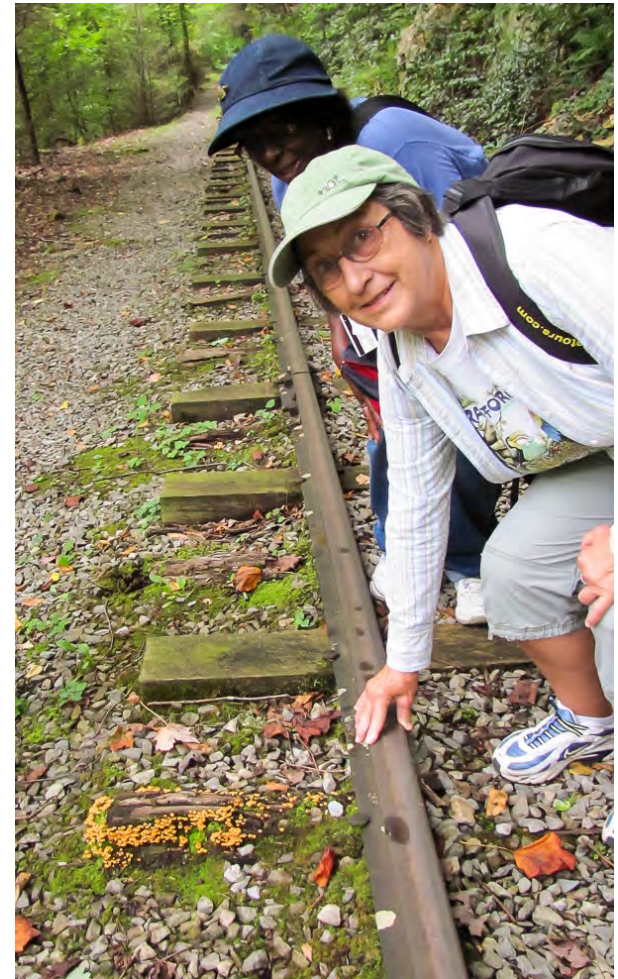
Location: Tweetsie Trail

Thursday December 4

Time: 9am - 2pm

Followed by lunch at

Firehouse Grill - Lunch on your own



*Thank you for your support  
and participation in the  
Jeanne Robertson event!*

Johnson City Press

WQUT 101.5

WJHL Newschannel 11

Dothert

Morris Baker Funeral Home and  
Cremation Services

Link Promotional

Visiting Angels

Life Care Centers of Gray and  
Elizabethton

Jason's Deli

Staff from all divisions of Parks  
and Recreation

Becky Buchanan

Lori Hamilton

Johnson City Police Department

Science Hill High School JROTC

Color Guard

Fontaine Charles

ETSU Alpha Phi Omega Co-ed

Service Fraternity

JCSC Volunteers





# Lifelong Learning

## Medical Ethics

**Thursday, December 4 at 5:30pm and  
Monday, December 15 at 12:30pm**

The Outbreak by Kirk O. Hanson, this is a story of tragedy set in Africa in 2003. We shall watch a brief audiovisual presentation and then embark on our discussion.

## Meet the Authors

**Monday, December 8, at 1pm**

Meet local authors of Fish Springs; Beneath the Surface and hear the story of Fish Springs, TN and their story of how Two Senior Citizens got there novel published. Could someone commit murder with a rattlesnake? Fish Springs is a story of romance and jealousy, unbridled sexual desire, unseemly deaths, faith in the Almighty and the atrocities of slavery and racism. In the remote mountain communities of East Tennessee, people lived their lives raising livestock and crops, hunting the abundant wildlife, keeping home fires burning and selling their wares at the few stores in their community. They fought in our nation's wars and, by the grace of God, returned home. Through it all, they loved, worked, lusted, worshiped, deceived, and even killed. Some harbored dark secrets. One such grisly secret could still be hidden below the surface of Watauga Lake - if not for this story. **Please pre-register.**

## Scams: Tips to Protect Yourself

**December 11 at 10:00am**

Presented by: Christina Magráns, Legal Aid of East Tennessee

## TED Talks

**Monday, December 15 at 1pm**

Join us for some fascinating topics and ideas from those that speak at the annual TED Talks. Source: TED.com

## Fabien Cousteau:

### What I learned from spending 31 days underwater

In 1963, Jacques Cousteau lived for 30 days in an underwater laboratory positioned on the floor

of the Red Sea, and set a world record in the process. This summer, his grandson Fabien Cousteau broke that record. Cousteau the younger lived for 31 days aboard the Aquarius, an underwater research laboratory nine miles off the coast of Florida.

## Ramona Pierson: An Unexpected Place of Healing

When Ramona Pierson was 22, she was hit by a drunk driver and spent 18 months in a coma. In this talk, she tells the remarkable story of her recovery.

**Please register. Free.**

## LIFE-LONG LEARNING of the "3-C's"

Conversation, Composition, Culture

(of a second language - German or Spanish)

**Conversational Spanish, Mondays at 4pm. Free**

**German Conversation, Thursdays at 9:30**

Join the group, share your knowledge of the language, practice your speaking and writing of the language. **Free.**

## Are you interested in playing or learning Mahjong?

Contact Amy at 434-6229.

## I Need to go shopping, but nobody is here to watch Mom

*If this sounds familiar, there is a new solution in Johnson City.*



### Home Away From Home Adult Day Center

*A Safe and Home like atmosphere for your loved one to be taken care of when you can't. Offering activities, entertainment and hot meals & medication assistance.*

Pricing starting at \$10 per hour, 3 hour minimum stay,  
or \$80 for a full day. Open from 7AM-6PM M-F.

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Call 423-218-6726 or stop in for a tour of our facility at 1114 Sunset Drive, Johnson City



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# Outings

## Milligan Christmas Concert

Saturday, December 6

Leave MPCC at 6:45pm Cost: \$1

Enjoy an evening of festive music to get you in the holiday spirit! Suggested donation at door of \$5 for local charity.

Please pre-register by December 4.

## Join Your Dixie Diners Friends For Christmas Breakfast at Perkins!

Thursday, December 11 at 9:00am

at Perkins on Roan Street.

This will be our annual Christmas Breakfast. Come join the fun and please sign up by Tuesday, December 9. See you then!

## Irving Berlin's White Christmas

Saturday, December 13

Leave MPCC at 1:15. Cost: \$13.00

This musical shines with classic Irving Berlin hits and, of course, the unforgettable title song. IRVING BERLIN'S WHITE CHRISTMAS tells the story of two buddies putting on a show in a magical Vermont Inn and finding their perfect mates in the process. Full of dancing, laughter and some of the greatest songs ever written, IRVING BERLIN'S WHITE CHRISTMAS promises a merry and bright theatrical experience! Limited seats available.

## Christmas Concert

Monday, December 15 at 6:15 • Cost: \$1

The Johnson City Community Concert Band will perform a variety of holiday music for all ages and musical tastes. Selections will feature old favorites as well as new ones, including music from The Polar Express. Please join us for this festive event at First Christian Church!

Please pre-register by December 12.

## Jonesborough Elementary School Choir Christmas Concert

Tuesday, December 16, 12:15 p.m.

Cost:\$1 for transportation

The Jonesborough Elementary School Choir has invited us to their Christmas Concert.

Please register by Monday, December 15 at noon.

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Offer expires December 23, 2014

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\* Fitting fees may apply. \*\* Hearing tests are always free. No a medical exam. Audiometric test to determine proper amplification needs only. + Hearing aids do no restore natural hearing. Individual experiences may vary depending on severity of hearing loss, proper fit, and ability to adapt to amplification. \*\* Select Federal Insurance may be total cost of 2 Miracle-Ear ME 2175 series aids. Contact us to see what your plan covers.

\* Price match guarantee is subject to verification by your Miracle-Ear Hearing Aid Specialist.

## Dollywood at Christmas

Saturday, December 20, Bus Departs at 8:30 am

Cost: \$7 for transportation and food/extras on your own

Admission to Dollywood: \$54-\$59 depending on age.

Perfect for those with an annual pass. Join us for a day at Dollywood and support the Senior Chorale which will be performing at noon. The bus will return to the Center between 6:30 and 7:30 p.m. Please register by December 17.



# Holiday Music

## Walk Down Memory Lane Reception and Performance

**Thursday December 4, 3:00-6:00 pm • Free**  
To help us plan accordingly please call to register, 434-6237  
The staff of the Johnson City Senior Center invites you to share memories of the Center from its beginning to present day. Flip through scrapbooks and view photo displays as you reminisce with old friends. Enjoy light refreshments while listening to performances by the Musical Voices, Heart Strings and Senior Chorale. If you have pictures or stories you would like to share about the Center, feel free to bring those with you. We will scan your picture so you can take it with you and we can record your story while you are here.



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**You're Invited**  
To Enjoy the Musical Talents of the  
**Johnson City Senior Chorale**  
Under the direction of: Cherry Smith  
Accompanists: Barbara Knisley

### DECEMBER CONCERT SCHEDULE

DATE	LOCATION	TIME
December 4	Memorial Park Community Center Senior Services Lobby Heart Strings 3pm Musical Voices 3:30pm Senior Chorale 4pm	3pm
December 6	Jonesborough's Annual Town Stroll	12:15pm
December 12	Jonesborough Art Center The Chorale will be joining the Jonesborough Chorus performing <i>The Polar Express</i>	6:15pm
December 13	Tipton Haynes Historical Site	2pm
December 18	Johnson City Mall in front of JC Penny	3pm
December 18	Tupelo Honey Café	5pm
December 20	Dollywood, Pigeon Forge, TN just inside the entry gate	Noon

**For More Information Call  
423-434-6237**





# Volunteers



## Volunteer Meeting

**Monday, December 1 at 10:00am**

Thank you for choosing to serve the Center with your time, treasures, and talent! We could not do what we do without Volunteers. We invite you to join us as we celebrate you with music, refreshments and door prizes!

On December 12 at 4:30, we will host a party for Girls Inc and distribute the mittens, hats and scarves you have collected. There is still time to donate an item and your presence at the party is appreciated. Call Donna (434-6230) to let her know if you would like to volunteer to bake cookies, make punch, or decorate for the party.

## Computer Instruction

### Betty's One on One

December 1 and December 9  
1pm-2:30pm • Cost: \$15.00

### One on One

Instructor: Amara Carberry  
Thursday, December 4.

Only 6 one hour time slots available, sign up now!

FREE - A bonus gift from Amara!

Please inform front desk of your topics to cover in class.

### Mobile Devices

Friday December 5 and  
December 12 at 1:00pm

Free, walk in basis.

### PowerPoint

Instructor: Jim Pohle

Friday, December 5 at 1pm

Cost: \$8.00

Introduction to a presentations program. What you need to know to get started. Put together a slide show for a presentation, meeting. Learn to put all your pictures in a slide show program.

### Open Computer Lab

Tuesdays 10am - 12pm

Thursdays 2pm - 4pm



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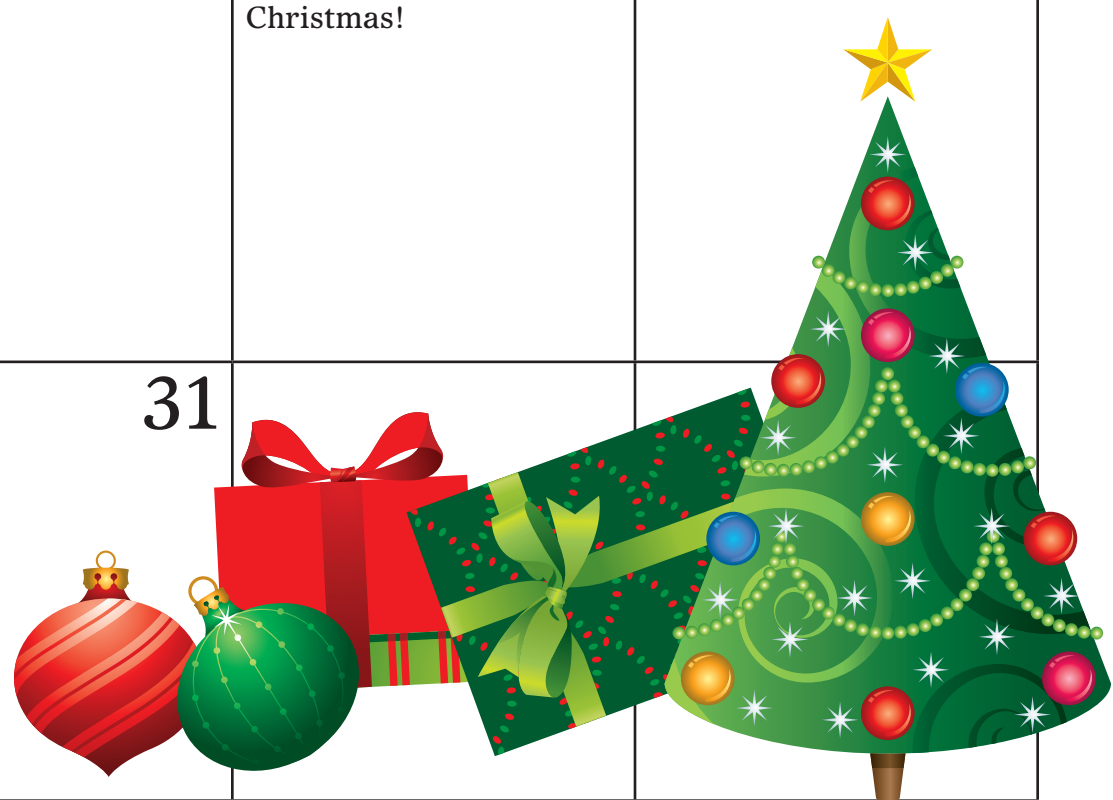
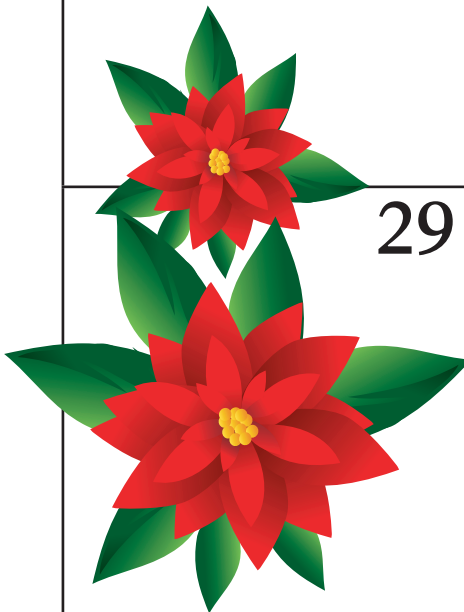
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>10:00 Volunteer Meeting</div> <div>11:00 Challenge Crew Nutrition - Fruit Desserts</div> <div>1</div>	<div>9:00 BINGO</div> <div>8:45 Arthritis Exercise</div> <div>9:00 Into to Ceramics</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>10:00 Hoop Jam</div> <div>Noon Bonnie's Blue Plate</div> <div>1:00 Softball Conditioning</div> <div>2</div>	<div>3</div>	<div>9:00 - 3:00 One on One Computer Instruction</div> <div>8:45 Arthritis Exercise</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>10:00 As the Page Turns</div> <div>1:00 December Wreath Craft</div> <div>1:00 Softball Conditioning</div> <div>2:00 S.A.L.T. Council</div> <div>3:00 Walk Through History Reception and Senior Center History Exhibit</div> <div>5:30 Medical Ethics</div> <div>4</div>	<div>1:00 Christmas Cards</div> <div>1:00 Power Point</div> <div>1:00 Mobile Devices</div> <div>7:00 Friday Night Dance</div> <div>Saturday December 6</div> <div>6:45 Milligan College Christmas Concert</div> <div>5</div>
<div>11:00 Challenge Crew Brain Function</div> <div>1:00 Meet the Author</div> <div>5:30 December Wreath Craft Evening</div> <div>8</div>	<div>8:45 Arthritis Exercise</div> <div>9:00 Intro to Ceramics</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>1:00 Softball Conditioning</div> <div>9</div>	<div>10:00 12 Joys of My Senior Center</div> <div>11:00 ETSU Bluegrass Concert and Brunch</div> <div>10</div>	<div>8:45 Arthritis Exercise</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>10:00 Scams: Presented by Legal Aid of East Tennessee</div> <div>1:00 Softball Conditioning</div> <div>11</div>	<div>1:00 Mobile Devices</div> <div>4:30 Volunteers party for Girls Inc</div> <div>Saturday December 13</div> <div>1:15 Irving Berlin's White Christmas</div> <div>12</div>
<div>11:00 Challenge Crew Brain Function</div> <div>12:30 Medical Ethics</div> <div>1:00 TED Talks</div> <div>6:15 Christmas Concert</div> <div>15</div>	<div>8:45 Arthritis Exercise</div> <div>9:00 BINGO</div> <div>9:00 Intro to Ceramics</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>1:00 Softball Conditioning</div> <div>16</div>	<div>11:00 Challenge Crew Nutrition - Taking the Fat Out and Calories Versus Carbs</div> <div>17</div>	<div>8:45 Arthritis Exercise</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>1:00 Softball Conditioning</div> <div>18</div>	<div>7:00 Friday Night "Christmas Dance"</div> <div>Saturday December 20</div> <div>10:00 WVAL Meeting</div> <div>Dollywood Christmas</div> <div>19</div>
<div>22</div>	<div>8:45 Arthritis Exercise</div> <div>9:00 Intro to Ceramics</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>1:00 Softball Conditioning</div> <div>23</div>	<div>9:30 Breakfast with Plez</div> <div>24</div>	<div>Center Closed Merry Christmas!</div> <div>25</div>	<div>26</div>
<div>29</div>	<div>8:45 Arthritis Exercise</div> <div>9:00 Intro to ceramics</div> <div>9:30 Power Punch</div> <div>10:00 Flexibility Feels Good</div> <div>1:00 Softball Conditioning</div> <div>30</div>	<div>31</div>	<div></div>	







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Keyboard Lessons by appt. 9:30 Table Tennis 10:00 Shuffleboard 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Hand & Foot Canasta 1:00 High Flyers Bowling @ Holiday Lanes 2:00 Challenge Square Dance 3:30 Line Dance with Martha 6:00 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club 7:00 New! Square Dance with Don Williamson	7:30am to 8:00pm Billiards Room Fitness Room 9:30 Table Tennis 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab Noon Contract Bridge 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 4:00 Circle R Dancers 5:30 Scrabble Group 6:00 Mexican Train Dominos 7:00 Round Dance	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 10:00 Bible Study 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Acrylics Painting 1:00 Pinochle 1:30 Intermediate / Advanced Line Dance Lessons 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men’s Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by Appointment 9:30 German Conversation Noon Women’s Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 Golden Rollers Bowling @ Holiday Lanes 2:00 Open Computer Lab 3:00 Senior Chorale 4:00 Senior Odyssey	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 From Head to Tone Fitness Class 8:30 Piano Lessons by Appointment 9:00 Party Contract Bridge 9:30 Table Tennis 10:00 Silver Sneakers® Classic 10:00 Conductorcise® Plus 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:30 Intermediate Line Dance Lessons 3:30 Friday Ballroom Dance Lessons



# Healthy Living

## Challenge Crew Nutrition Classes for December:

### Fruit Desserts

December 1 from 11am - 12pm • Cost \$1

Instructor: Elizabeth Elonzo from UT Ext. Office

See a cooking demonstration to show how to make some yummy desserts and enjoy the samples.

### TN Extension

December 17<sup>th</sup>, 11:00am-Noon

Instructor: Alice Sulkowski, R.D.

Taking the fat out and calories versus carbs.

## Challenge Crew Brain Function

December 8<sup>th</sup> from 11:00am-Noon and

December 15<sup>th</sup> from 11:00am-Noon

Stimulate your brain with brain teasers and puzzles.

### Healthy Holiday Cooking

December 4 from 10am - 11am

Instructor: Jennifer Persinger from HRC

Learn how to cut fat and Calories for a healthier holiday.

## BINGO and Winter Preparedness

December 9 from 1pm - 2pm

Instructor: Angela Minor, Coordinator for emergency preparedness in TN

Learn about being safe in the winter and play some BINGO too!

## Upcoming Classes for January: Vitamin D

Diabetes in Winter Weather

Diabetes & Diet

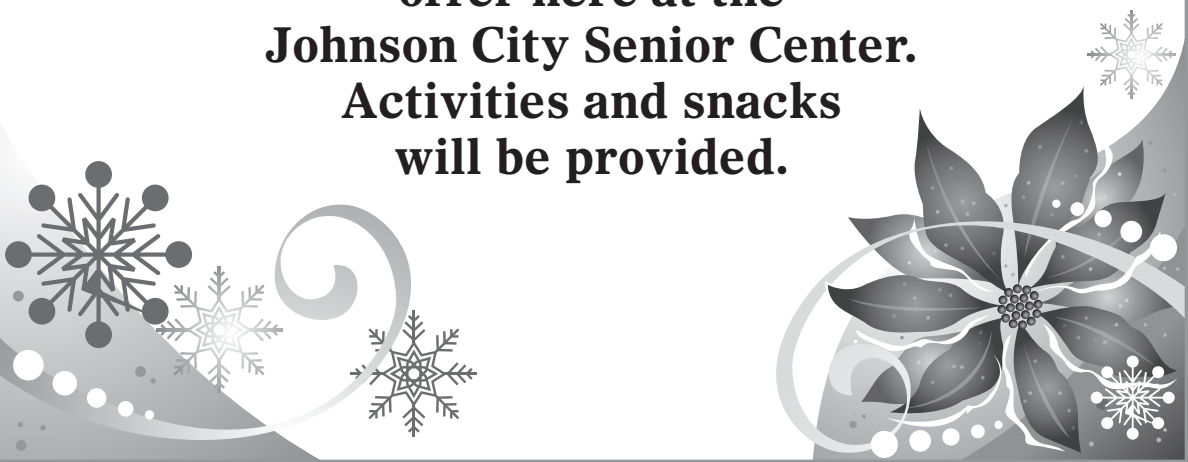
Talks on Hearing Problems



## THE 12 JOYS OF MY SENIOR CENTER

*Join us!*

December 10 from 10am until Noon  
For a festive celebration of the wonderful  
and diverse programming we  
offer here at the  
Johnson City Senior Center.  
Activities and snacks  
will be provided.



## CONDUCTORCISE PLUS®

We have added a new twist to our program. Program includes:

- 15 Minutes of Stretching
- 15 Minutes of Upper Body strengthening
- 30 Minutes of Conductorcise®

Join us at 10:00am on Fridays Cost: \$2 (free for Silver Sneakers)

- Feel energized and refreshed
- Improve your flexibility
- Improve your upper body strength
- Stimulate your brain cells



# Lunches & Such



## Breakfast With Plez Wed. December 24, 9:30am • Cost: \$2

Scott Pleasant, known locally as The Plez, will be entertaining on Christmas Eve morning, 9:30 am, at the Johnson City Memorial Park Community Center. Scott, a native of Johnson City, TN attended the University School and graduated from East TN State University with BS and MA degrees in English followed by further graduate studies in the Department of English at Auburn University. As a youngster he began his music instruction with piano and trumpet lessons and later

hit his musical stride with the guitar and the ukelele. In his early teens he began to also play other instruments and compose many original compositions for his band, The PlezTones. Plez and the Pleztones developed a large and very supportive following in the area, many of whom are now scattered all around the country but who keep track of each other through the social media and who try to attend Scott's performances whenever possible. One of Scott's loyal supporters recently was heard to say that when Plez left the area he left a void which has yet to be filled.

Scott is presently the Coordinator of the Writing Center at Coastal Carolina University in Conway South Carolina. He is a frequent musical performer in the Myrtle Beach area.

Scott will be performing from 9:30 am to 10:30 am in the dining hall of the Johnson City Memorial Park Community Center, 510 Bert Street in Johnson City. A delectable breakfast is being planned by the staff of the Center for your enjoyment and your "Breakfast with Plez." For more information and to make a reservation you may call the Center at 423-434-6237. **Please register in advance.**



## ETSU Bluegrass Band and Brunch December 10, 11:00am Cost: \$2 Please register in advance!



## Bonnie's Blue Plate!

**Tuesday, Dec 2 • Noon Lunch**

Menu: **Soup Choice, Broccoli & Cheese or Potato  
Bread Roll • Gingerbread**  
\$3 per person

*Walk-ins welcome until all food is served.*

**Memorial Park Community Center Cafe • 510 Bert Street**

**Please call in the morning of with carry-out orders, and pay  
when they are picked up.**

**For More Information Call: 423-434-6237**

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### Broadmore Senior Living

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# Dance

## Dance and Dance Class Overview

### Mondays

2:00 Challenge Square Dance with Don Williamson

3:30 Line Dance with Martha

(Silver Sneakers® Discount)

6:00 Dandy Line Dancers with Martha Davenport

7:00 Square Dance with Don Williamson

### Tuesdays

4:00 Circle R Dancers with Phil Ramsey  
and Fran Pair

### Wednesdays

1:30 Intermediate Line Dance with Don Williamson

5:15 Ballroom Dance with Walt and Margaret

Baumgardner (Silver Sneakers® Discount)

### Thursdays

1:00 Ballroom Dance Practice led by Nadine Taylor

### Fridays

1:30 Intermediate Line Dance with Don Williamson

3:30 Beginner Ballroom Dance with Walt and  
Margaret Baumgardner

(Silver Sneakers® Discount)

7:00 1<sup>st</sup> and 3<sup>rd</sup> Friday Night Ballroom Dances with  
Live Band (Silver Sneakers® Discount)



*Fun at the Barn Dance*



## Senior Services Christmas Dance

Friday, December 19

7:00pm - 10:00pm

Tickets: \$7 in advance (Nov 21-December 17)  
\$10 at the door

Dress in your best Semi-formal attire and dance to  
the sounds of Kids Our Age. Leave your covered dish at  
home and enjoy hors d'oeuvres throughout the  
evening provided by the Center.

For more information call (423) 434-6237





# Arts/Crafts/Performing Arts

## Piano Lessons • Mon Thur & Fri mornings by appt. \$12 per 30 minute session

Learn to play your favorite songs with experienced teacher, Wretha Terry. Schedule your appointment today.

## Heart Strings • Tuesdays 10:00am – Noon

Bring your instrument and join in this open group playing a variety of songs including old hymns, bluegrass, country and folk music.

## Senior Chorale • Rehearsals every Thurs at 3:00pm

This group is led by Cherry Smith and accompanied on piano by Barbara Knisely. The group is open to anyone 40 and older who is looking for a low stress, less demanding group with which to perform. No auditions required.

*This project is funded in part by Arts Build Communities, a program funded through State of Tennessee Specialty License Sales, and administered in cooperation with the Tennessee Arts Commission and Johnson City Area Arts Council.*



## Conductorcise® Plus • Fri, 10:00am – 11:00am

**Cost: \$2, (Free for Silver Sneakers)**

We have added a new twist to our Conductorcise® program. This program will include upper body stretching and strengthening along with Conductorcise®.

## Intro to Ceramics

**A 4 week class with Ceramics Artist Sarah Dorr  
Tuesdays 9:00-11:30am • Cost: \$16.25 per session.**

Learn the basics of clay hand-building, learn to use clay stamping and modeling tools, learn glazing and coloring techniques. Take home your beautiful pieces to display.

## Needle & Fiber Arts

**Instructor: Jane Dresser • Tues at 1:00pm • Free**

A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn.

## Acrylics • Wednesdays at noon • Cost \$10

“Art” Holsclaw is back to paint and share. Designed for beginners or experienced painters. Registration deadline is Monday before each class.

## Knitting • Wednesdays 2:30pm • Cost: Free

A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.

## Open Art Studio • Mondays 12:30-3:30pm

Take advantage of our beautiful creative space! Bring a project and work in the company of other artists.

## Open Craft Studio • Fridays from 1:00pm

Take advantage of our beautiful creative space! Bring a project and work in the company of other crafters.

## Amateur Photographers' Club

**First Monday of each month at 1pm.**

Join the group if you are into photography or just starting out. If you want to improve your skills of taking photos, learn new techniques, or share with the group your work. Monthly photo themes, field trips and more. Monthly photo theme: December-Shadows

## Art and Craft of the Month Club

**Thursday, December 4th at 1:00pm and**

**Monday, December 8th at 5:30pm**

**Cost: \$12, supplies included • Instructor: Deb Fogle**

December Craft is December Christmas Wreath

Learn how to make a Christmas wreath from burlap. You will make your own wreath during this class. Please pre-register.

## Christmas Card Making

**Friday, December 5th at 1:00pm • Cost: \$5**

**Instructor: Dorothy Rose**

You will make two Christmas cards during this class. Please pre-register.



Wood carving with Zeke



# News

Don't forget that Medicare Open Enrollment ends on December 7. Call SHIP at 877-801-0044 for further assistance.



*Quality Care and a Better Way of Life for Your Loved One*



## Christian Care Center of Johnson City

*Nurturing Body, Mind and Spirit*

- Skilled & Intermediate Care
- On-Call Physician Services
- Licensed Nursing Staff
- Social Services Staff
- Physical, Speech and Occupational Therapy Services
- Restorative Program
- Outpatient Rehabilitation Services
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Hospice Services



Merry Christmas from Christian Care Center

[www.cccofjohnsoncity.com](http://www.cccofjohnsoncity.com)  
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Memorial Park Community Center Today



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(423) 434-6237  
[www.johnsoncitytn.com/seniors](http://www.johnsoncitytn.com/seniors)







## Hoop Jam

**December 2 from 10am-11am**

Join Faith Mahoney for a fun program that will get you moving and put a smile on your face. Faith will demonstrate and instruct how to Hula Hoop at any age!

## Shuffleboard Returns

**Mondays, 10:00am-11:30am • Free, Open to all**

## Arthritis Exercise

**Tuesdays and Thursdays from**

**8:45am-9:30am • Cost: \$3 • Open to all**

Exercises designed to increase mobility for everyday movements, improve posture and maintain or increase muscular strength.

## MUVE

**Tuesdays and Thursdays, 9:30am-10:15am • Free**

MUVE is spontaneous dance fitness. No complex choreography, just movement! Have fun and be expressive while getting a great workout.

## Power Punch

**Tuesday and Thursday 9:30am-10:00am**

Don't let the holidays weigh you down. Have fun and stay fit with this low-impact kick-boxing class.

## Flexibility Feels Good

**Tuesdays and Thursdays • 10:00am-10:30am**

**Instructor: Jillian**

Spend 30 minutes stretching your hard-working muscles in this low-impact class.

## Walkers and Talkers



**Third Tuesday of Each month  
Special Time For December  
12pm - 3pm**

**Cost: \$2, Register 1 week in advance  
Bus Transportation Provided**

**Tour of the Carter Mansion in Elizabethton**

**Senior Center**

**Memorial Park Community Center**

**510 Bert St • Johnson City TN 37601 • 423-434-6237**

## Visit the Carter Mansion

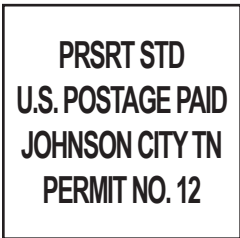
Located in Elizabethton, it is the oldest frame house in Tennessee and the structure reveals a finely detailed interior. Built in 1775 and 1780. If the weather is nice later, we'll walk along the Watauga River 1 mile or so.

**423-434-6237**



If your address changes, please call us and let us know!

Johnson City Seniors' Center  
at Memorial Park Community Center  
510 Bert Street • Johnson City, Tennessee 37601  
(423) 434-6237



Hours of Operation:  
Senior Services Reception Desk: Mon-Friday 8am-5pm  
Memorial Park Community Center: Mon-Sat 7am-9pm

# Groups and Meetings

## As the Page Turns

Join our book club, meeting first Thursday  
of every month at 10am • Book Selections:  
December:  
Defending Jacob by Wm. Landay  
January:  
Kinfolks by Lisa Alther

## Writers Circle

2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 10:00am  
Join this group to share ideas for writing better stories and  
share your own writings for discussion with the group.

## Musical Voices

Rehearsal Mondays at 2pm  
Join this welcoming group if you desire to sing gospel music  
and share the joy of music with local nursing homes.

## Washington County

### S.A.L.T. Council

Meets first Thursday of month  
2:00pm at MPCC  
Seniors and Law Enforcement  
Together is an organization of senior  
citizens, law enforcement officers and  
community groups which meets  
monthly to address the concerns and  
solutions for a more senior friendly community.  
*Everyone Welcome!*



## Grief Support Gatherings

No Grief Support Gathering in December.  
This group will resume in January.

## Bible Study Opportunities

Wednesdays at 10 a.m.  
Thursdays at 8 a.m. (Breakfast by donation)